

Got water? The original health elixir may keep weight down and health “up”!



You may be the kind of person who always knows about the latest trendy “health” beverages like kombucha, or you may have no earthly idea what that means (a musical instrument? a marsupial?). Either way, don’t let fads reduce your enjoyment of water, the original health elixir. There’s no marketing team for good old H₂O — but if you had an ad budget, your campaign slogan would probably sound exactly like this: “Water: You can’t live without it!” Indeed, all your cells, tissues, and organs need water to function — and plenty of it. Plus, drinking more water may help stabilize weight and reduce salt consumption. In a recent study, people who increased their water intake by one to three cups a day took in 68 to 205 fewer calories and 75 to 235 fewer grams of sodium. Rather than using the generic eight 8-ounce glasses a day guideline, take your weight in pounds and divide by two. The resulting number tells you how many ounces to drink daily. Drink more before, during, and after exercise; if you’re in a hot climate; or if you’re ill. Of course, you should get your doctor’s input if you have a serious health condition. Squeeze lemon or lime juice into your water for a little kick of flavor, but don’t be seduced by water infused with vitamins, flavoring, or other additions. In other words, make sure your main beverage is the Real Thing.

Oh, wait, that slogan’s taken!